Videos

### Nadine Burke Harris | How childhood trauma affects health across a lifetime <https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime>

### Melissa Walker | Art Can Heal PTSD’s Invisible Wounds <https://www.ted.com/talks/melissa_walker_art_can_heal_ptsd_s_invisible_wounds>

### Joelle Rabow Maletis | The Psychology of Post-Traumatic Stress Disorder <https://www.ted.com/talks/joelle_rabow_maletis_the_psychology_of_post_traumatic_stress_disorder>

Austin Eubanks | What Surviving the Columbine Shooting Taught Me About Pain

<https://www.ted.com/talks/austin_eubanks_what_surviving_the_columbine_shooting_taught_me_about_pain>

Dr. Rami Nader | Understanding Posttraumatic Stress Disorder (PTSD) and the Nature of Trauma

<https://www.youtube.com/watch?v=qXyxZEjOWAY>

Ilene Smith | Healing the Nervous System From Trauma- Somatic Experiencing

<https://www.youtube.com/watch?v=dMmEdsuPRiU>

Dr. Ramani Durvasula | 3 Major Things People Get Wrong About Trauma

<https://www.youtube.com/watch?v=Cn_ccZn2cQ0>

Julie Yau | Spiritual Dimension of Trauma <https://www.youtube.com/watch?v=r31zwA51k_0>

Public Health Network | Adverse Childhood Experiences

<https://www.youtube.com/watch?v=XHgLYI9KZ-A&t=2s>

Dr. Vincent Felliti | How Childhood Trauma Can Make You A Sick Adult <https://www.youtube.com/watch?v=y3cCAcGeG8E&t=1s>

Jason Strelitz | The Importance of Understanding Adverse Childhood Experiences and the Lens of Trauma

<https://www.youtube.com/watch?v=95Q-mtI79m0>

Podcasts

Trauma Resonance Resilience

<https://www.buzzsprout.com/462859>

The Trauma Therapist

[https://open.spotify.com/show/0FgLwflezXYy3lHL2y4V7v](https://open.spotify.com/show/0FgLwflezXYy3lHL2y4V7v%20)

Transforming Trauma

<https://narmtraining.com/transformingtrauma/>

The Trauma-Sensitive Mindfulness Podcast

<https://open.spotify.com/show/7aAlie5xNR24ggEkB3gaJ7>

The End of Trauma

<https://www.endoftrauma.org/>

There’s More to Trauma than PTSD

[https://psychcentral.com/blog/podcast-theres-more-to-trauma-than-ptsd#1](https://psychcentral.com/blog/podcast-theres-more-to-trauma-than-ptsd%231)

Transforming Trauma Into Wholeness and Healing

[https://psychcentral.com/blog/podcast-transforming-trauma-into-wholeness-and-healing#1](https://psychcentral.com/blog/podcast-transforming-trauma-into-wholeness-and-healing%231)

Books

*Getting Past Your Past: Take Control of Your Life* byFrancine Shapiro

*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

by Bessel van der Kolk

*Childhood Disrupted:* *How Your Biography Becomes Your Biology, and How You Can Heal* by Donna Jackson Nakazawa

*It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* by Mark Wolynn

*The Power of Letting Go: How to Drop Everything That’s Holding You Back*

by John Purkiss

*Whole Again: Healing Your Heart and Rediscovering Your True Self After Toxic Relationships and Emotional Abuse* by Jackson MacKenzie

*Healing from Hidden Abuse* by Shannon Thomas

*Personality Isn't Permanent: Break Free from Self-Limiting Beliefs and Rewrite Your Story* by Benjamin Hardy

*Waking the Tiger: Healing Trauma* by Peter Levine

*Trauma and Recovery* by Judith Herman

*The Completion Process: The Practice of Putting Yourself Back Together Again*

by Teal Swan

*Hiding from Love* by Dr. John Townsend

*The Wisdom of Your* *Cells* by Bruce H. Lipton

*When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chodron

Articles

The Trauma of Children of Addicts and Alcoholics [https://psychcentral.com/lib/the-trauma-of-children-of-addicts-and-alcoholics#1](https://psychcentral.com/lib/the-trauma-of-children-of-addicts-and-alcoholics%231)

The Effects of Trauma from Growing up Too Fast [https://psychcentral.com/blog/psychology-self/2019/12/trauma-growing-up-fast#1](https://psychcentral.com/blog/psychology-self/2019/12/trauma-growing-up-fast%231)

# Complex Trauma: Dissociation, Fragmentation, and Self Understanding [https://psychcentral.com/lib/dissociation-fragmentation-and-self-understanding#1](https://psychcentral.com/lib/dissociation-fragmentation-and-self-understanding%231)

# Childhood Abuse, Complex Trauma and Epigenetics

[https://psychcentral.com/lib/childhood-abuse-complex-trauma-and-epigenetics#1](https://psychcentral.com/lib/childhood-abuse-complex-trauma-and-epigenetics%231)

Dysfunctional Families and Their Psychological Effects

[https://psychcentral.com/blog/dysfunctional-families-and-their-psychological-effects#1](https://psychcentral.com/blog/dysfunctional-families-and-their-psychological-effects%231)

How Do You Know if a Child Is Traumatized? [https://psychcentral.com/lib/how-do-you-know-if-a-child-is-traumatized#1](https://psychcentral.com/lib/how-do-you-know-if-a-child-is-traumatized%231)

People Don't Outgrow the Effects of Childhood Trauma Just Because They Become Adults [https://psychcentral.com/blog/childhood-behavioral/2020/02/people-dont-outgrow-the-effects-of-childhood-trauma-just-because-they-become-adults#1](https://psychcentral.com/blog/childhood-behavioral/2020/02/people-dont-outgrow-the-effects-of-childhood-trauma-just-because-they-become-adults%231)

Links Between Trauma, PTSD, and Dissociative Disorders <https://www.verywellmind.com/how-trauma-can-lead-to-dissociative-disorders-2797534>

Treating the Effects of Childhood Trauma <https://www.verywellmind.com/what-are-the-effects-of-childhood-trauma-4147640>

What Is EMDR Therapy? <https://www.verywellmind.com/emdr-for-panic-disorder-2584292>